IN THE CLAIMS

Claim 1 (Previously Presented): A work table, comprising:

a frame with a vertical central column fastened to a base on a vertical central axis of the base and a height-adjustable and tilt-adjustable work surface, which is fastened to a support element, wherein on an upper end of the vertical central column a joint seating device is provided, about whose horizontal axis a swivel arm is arranged in a pivoting manner, wherein the swivel arm contains another rotary joint, about whose horizontal axis the support element and the work surface connected with it are arranged in a pivoting manner; and

a cable pull arranged for synchronous rotational coupling between the swivel arm and the support element such that the support element is aligned horizontally when the swivel arm is aligned vertically and the support element is tilted when the swivel arm is aligned horizontally.

Claim 2 (Previously Presented): The work table pursuant to claim 1, wherein on the central column a leg rest is arranged, which is fastened to the central column via a support fork.

Claim 3 (Previously Presented): The work table pursuant to claim 2, wherein the support fork is axially displaceable on the central column and can be rotated about the vertical axis.

Claim 4 (Previously Presented): The work table pursuant to claim 2, wherein the support fork can be rotated about the horizontal axis.

Claim 5 (Previously Presented): The work table pursuant to claim 1, wherein the swivel arm and the support element are seated in a continuously pivoting manner about the horizontal axes.

Claim 6 (Canceled).

Claim 7 (Currently Amended): The work table pursuant to claim [[6]] 1, wherein [[a]] the synchronous relation between [[a]] the rotation of the swivel arm and [[a]] the rotation of the support element is designed in such a way that ~~the support element is aligned horizontally when the swivel arm is aligned vertically and~~ the support element is tilted by about 25^0 when the swivel arm is aligned horizontally.

Claim 8 (Currently Amended): The work table pursuant to one of the claims 1 through [[7]] 5 and 7, wherein in the swivel arm a blockable gas pressure spring is arranged, which on one hand is seated in a bearing at an angle beneath the joint seating device and on the other hand in a bearing roughly in the center of the swivel arm.

Claim 9 (Previously Presented): The work table pursuant to claim 8, wherein the gas pressure spring in an unblocked state has a gas spring thrust pressure, which compensates for inherent weights of the work surface, the support element and the swivel arm.

Claim 10 (Previously Presented): The work table pursuant to claim 1, wherein the base is equipped with swivel rollers.